

Paris R-II

2018-2019 Program Overview

Welcome to Your Paris R-II Wellness Program

Visit your new wellness portal at onecommunity.com to take advantage of tools and resources that can help you improve your health! **On the portal, you can:**

- Complete personal and team challenges.
- Sync your favorite health-related apps and devices.
- Track behavior (steps, nutrition, sleep and activity).
- Browse a database of recipes and workout videos.
- Complete a meal planner, find local grocery store coupons and more.

2018 - 2019 Challenges

Take advantage of these fun opportunities to enhance your health!
You can join each challenge as an individual or in teams of 2-10.



Changing to a healthier lifestyle can be daunting, especially if it's hard to carve out time to make it to the gym. That's why it helps to step counts throughout the day—and that's where Momentum comes in. Over six weeks, you'll learn to take advantage of small opportunities to be more active throughout the day.

Duration | **Tracking:**
6 Weeks | Daily step tracking

Registration is open:
September 17 - October 15, 2018

Challenge:
October 1 - November 11, 2018



Like jazzercise without the neon scrunchies, Step to the Beat brings people together and provides a fun way to lose weight. Suggested playlists serve as your soundtrack to individual or team walks, but we recommend that you get in on the fun, share songs and create your own playlists as well!

Duration | **Tracking:**
6 Weeks | Daily step tracking

Registration is open:
December 24, 2018 - January 21, 2019

Challenge:
January 7 - February 17, 2019



Over six weeks, Menu for Success provides simple ways to eat more vegetables, fruits and whole grains, and less of everything else. Each week offers information about a different nutritional focus, a challenge and a healthy recipe to try.

Duration | **Tracking:**
6 Weeks | Daily to-dos
("I Did This")

Registration is open:
February 18 - March 18, 2019

Challenge:
March 4 - April 14, 2019

Take the First Step - Register Today!

Your path to a happier, healthier life just got easier. To create an account or log back in, visit: onecommunity.com.

If you are new to OneCommunity:

1. Click **Sign Up** and follow the registration instructions.
2. Use the invitation code **Paris2018** to join.
3. If you are returning user, click **Log In** and enter your username and password.

